




The Performance Triad: Nutrition



Nutrition Services Offered: MAJ Martha Smith, CPT Michael Noyes, CPT Rachel Morgans

Service	Description	Details	More Information
Army MOVE Weight Management	Class for Soldiers needing to lose weight. You don't have to be flagged to attend but if you are flagged, you must attend. 5 th Endorsement signed after this appointment. Family members welcome!	Offered 1-2 times a month throughout Korea and by unit request	 Call 737-1570 or email usarmy.yongsan.medcom-kor.mbx.nutrition@mail.mil to book an individual appointment or for more information on group classes.
Individual Nutrition Appointments	One on one appointments with the dietitian for a variety of nutrition-related condition.	Appointments are 20-40 minutes and are offered at BAACH, Camp Casey TMC, Camp Humphreys TMC, and Camp Walker TMC	
Civilian Weight Loss Class	Class for civilians that are interested in losing weight.	Offered 1-2 times a month throughout Korea and by request	
Heart Healthy Class	Class for civilians and military on how to lower blood pressure, cholesterol, triglycerides, and blood glucose.	Offered 1-2 times a month throughout Korea and by request	
Dietary Supplements	Learn what supplements are safe or unsafe, how to properly use supplements, how to choose safer energy drinks, avoid medication interactions, and how to get ripped, not get ripped off.	Per unit request	
Sport Nutrition	Learn what to eat and drink before, during, and after training to maximize your workout. Learn how much protein you need to build muscle or recover from training.	Per unit request	



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